



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City of Las Vegas June 2006 Senior Activities

(All activities are subject to change. List is not all-inclusive. Call centers near you for complete list of classes and activities. Most require \$2 annual membership to City of Las Vegas Senior Programs.)

Sports Galore (all ages)

Fees: vary; some are free with \$2 annual membership.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Dula offers bowling at Texas Station; pickle ball, table tennis, bocce, golf, paddle tennis, open basketball, basketball leagues, volleyball, hiking and weight training. Call for days and times.

Municipal Pool Activities (ages 2-adult)

Municipal Pool, 431 East Bonanza Road, (702) 229-6309.

Available activities year-round include first aid and lifesaving; water safety and lifeguard training for instructors; learn-to-swim classes, water aerobics, arthritis water exercise, and aquatic therapy for stroke patients and those with other functional deficits. Fees vary.

Tae Kwon Do (ages 50+)

Fridays, 11 a.m. to noon

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Open Table Tennis (ages 50+)

Mondays and Wednesdays, 9 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Monday through Friday, noon to 2 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Mondays and Wednesdays, 8:30 to 11:30 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Paddle Tennis (ages 50+)

Mondays, Tuesdays and Thursdays, 7:39 to 9:30 a.m.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Bocce & Horseshoes (ages 50+)

Bocce Mondays and Wednesdays, 10 a.m. to noon

Horseshoes Tuesdays and Thursdays, 10 a.m. to noon

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

TOPS (Take Off Pounds Sensibly) (ages 50+)

Thursdays at 9:30 a.m. This support group helps participants with their weight loss programs.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 8 to 10 a.m., Free

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Compulsive Eaters Anonymous (ages 50+)

Mondays and Tuesdays, 9:30 to 11 a.m. or Thursdays 2 to 3:30 p.m.

Fee: To be determined

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Twelve-step program for compulsive eaters.

Free Nutrition and Diet Classes (ages 50+)

Mondays at 11 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Senior Singles Social (ages 50+)

1st Wednesdays each Month, 1:30 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Free Senior Singles Mingle Club (ages 50+)

1st Wednesday each Month at 2 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Meet new people and join fellow singles to socialize and attend functions.

Red Hat Society (ages 50+)

Days and times vary. Call center nearest you to learn what group meetings are available.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Daughters of the Utah Pioneers Meetings

2nd Monday of the Month at noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Community Gardens (ages 50+)

Doolittle Senior Center Community Garden, 1200 block of Blankenship, (702) 229-6125.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work in the community gardens to reap benefits of fresh vegetables, fruits and flowers.

Free Woodcarving and Wood-burning Group (ages 50+)

Tuesdays, 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Nimble Thumbs Knitting/Crochet Club (ages 50+)

Wednesdays, 11 a.m. to 1 p.m.

Free with senior membership card.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work on individual projects while socializing with friendly group of creative knitters and crocheters.

Free Teddy Bear Club (ages 50+)

Wednesdays at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Call for information or just drop in.

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Sewing 101 (ages 50+)

Tuesdays, 10 a.m., beginning April 4.

Fee: \$3 per class. Bring your sewing supplies.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sewing Lessons with Lillian (ages 50+)

Wednesdays 12:30 to 2 p.m. and Saturdays 2 to 3:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bring your sewing machine or use ours. Learn to sew, use a pattern and more. Bring material to make something new or anything that needs work.

Porcelain Doll-making Class (ages 50+)

Tuesdays, 1 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Acrylic Painting with Colin Pringle (ages 50+)

Mondays, 9 a.m. to noon

Fee: \$5 per class. Register in advance and pick up supply list.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Oil Painting and Watercolor Classes (ages 50+)

Thursdays at noon for Watercolor; Fridays at 9 a.m. for Oil Painting

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Oil Painting Classes (ages 50+)

Tuesdays, 1 to 3 p.m.

Fee: \$3 per class

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Watercolor Classes (ages 50+)

Fridays, 11:30 a.m. to 1:30 p.m.

Fee: \$3 per class

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free-style Drawing (ages 50+)

Fee: \$3 per class

Mondays, 1 p.m., at Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, 10 a.m. to noon, Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 1 p.m., at

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Wax In-lay Beading (ages 50+)

Fee: \$3 per class, plus materials.

Thursdays at 9:30 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Create works of art from eggs, gourds and masks using beads, wax, a stick and creativity.

Tuesdays, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Ceramics (ages 50+)

Thursdays, 1:30 to 3:30 p.m.

Fee: \$3 per class, plus materials

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Make vases, figurines, plates, holiday items and more. Learn every aspect of ceramics from greenware to glazing. All skill levels welcome at any time.

Free Dominoes (ages 50+)

Wednesdays at 10 a.m., Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Mah Jongg (ages 50+)

Fridays at noon

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Scrabble Club (ages 50+)

2nd and 4th Wednesdays of each month at 12:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Use our board or bring your own and test your skills against other Scrabble fans.

2nd Friday of each Month at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Pinochle Class (ages 50+)

Mondays and Wednesdays, 1 to 3 p.m. Call for start date of next class.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Card Playing (ages 50+)

Duplicate Bridge clubs meet Mondays, Wednesdays and Saturdays. New members are welcomed.

Family-style Bridge club meets Fridays. Call for information and help forming new partnerships.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Double-deck Pinochle weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Canasta Mondays and Wednesdays from 12:30 to 4 p.m.

Cribbage Tuesdays and Thursdays from 10 a.m. to 4 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Bridge Club on Mondays from noon to 3 p.m.

Pinochle Club on Wednesdays and Fridays from noon to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Bingo (ages 50+)

Tuesdays, Thursdays and Saturdays at noon

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Pick up your favorite bingo cards and play for prizes

Free Bingo for Fun & Small Prizes

Tuesdays, 10 a.m.; 10 games.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

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Guitar Classes (ages 50+)

Mondays, 1 to 2 p.m.,

Fee: \$4 per class

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Guitar Lessons (ages 50+)

Mondays, April 3 through May 22, 8 to 9:30 a.m.

Fee: \$20. Pre-registration and pre-payment required.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Guitar Classes (ages 50+)

Thursdays, 1 p.m. and 2:30 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sing-A-Long with Las Vegas Fun Time Singers (ages 50+)

Fridays, 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Weekly Saturday Night Dance with Boyd Coulter's Good Times Band

Saturdays, 6:30 to 9:30 p.m.

Fee: \$3 per person

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Oldies Music Enjoyment (ages 50+)

3rd Saturday each Month from 1 to 3 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy playing name that tune, hearing and exchanging old favorite songs, albums, tapes and CDs.

Clogging (ages 50+)

Wednesdays at 10 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Western Line Dancing (ages 50+)

Tuesdays at 1 p.m.

Fee: \$3 per class. First three lessons are free to all new students.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Country Western Line Dancing (ages 50+)

Mondays, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Soul Line Dancing (ages 50+)

Fridays, 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Ballroom Dancing Lessons (ages 50+)

Thursdays, 1 to 3 p.m.

Fee: \$5 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

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Ballroom and Swing Dance (ages 50+)

Wednesdays, 1 to 3 p.m.; Saturdays, 2 to 4 p.m.

Fee: \$5 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Hula Dancing Lessons (ages 50+)

Mondays at 4 p.m.

Fee: \$5 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Gotta Dance Class (ages 50+)

Fridays, 1 to 2 p.m.

Fee: \$3 per class. No partner needed. Learn a variety of dance styles in line-dance format.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

The Yin & Yang of Self (ages 50+)

Mondays, 11 a.m. to 12:30 p.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Explore life's physical, emotional, mental and spiritual aspects.

Reflexology (ages 50+)

Fridays, 9:30 to 11 a.m., April 7-28

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

eBay Classes (ages 50+)

Introduction to eBay – Thursdays, 9 to 10:30 a.m., beginning April 6.

eBay Savvy – Thursdays, 10:30 a.m. to noon, beginning April 6.

Fee: \$20 for four-week course. Pre-registration required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Part I: Introduction and Buying Techniques – Tuesdays, 12:30 to 2 p.m.

Part II: Selling Techniques – Tuesdays, 2 to 3:30 p.m. (Part I is prerequisite.)

Fee: \$20 for four-week course.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Open Computer Lab (ages 50+)

Monday, Wednesday and Friday, 8 a.m. to 5 p.m.; Tuesday and Saturday, 8:30 a.m. to noon. Closed Thursday. Senior center membership required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, Thursdays, Saturdays and Sundays, 8 a.m. to 9 p.m.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Mondays, Thursdays, Fridays, 1:30 to 3:30 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Thursdays, 9 a.m. to 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Monday through Friday, 8 a.m. to 4 p.m., except during computer classes.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Computer Classes (ages 50+)

Basic Computers and Word for Beginners, Tuesday and Thursday, 1 to 2:30 p.m.
 Intermediate Computers – Internet and E-mail, Tuesday and Thursday, 3 to 4:30 p.m.
 Fee:\$15 each for a four-week course. Classes begin April 4. Pre-registration required.
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Level I Computer Basic Operations, Hardware, Windows XP; 12-hour course, Fridays, 2-3 p.m.
 Level II Computer Microsoft Word, Excel and Internet; 12-hour course, Saturdays, 2-3 p.m.
 Fee: \$15/month. Classes start at the beginning of each month. Pre-registration required.
 Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Level I for Beginners, Mondays and Wednesdays, 10 to 11:30 a.m.
 Level II Intermediate Class, Mondays and Wednesdays, 11:45 a.m. to 1:15 p.m.
 Level III Advanced Class, Mondays and Wednesdays, 1:30 to 3 p.m.
 Fee: \$15 per four-week course. Classes start at the beginning of each month. Register in advance.
 East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Introduction to Computers, Tuesdays, noon to 2 p.m.
 Beginning Word, Tuesdays, 2 to 4 p.m.
 Intermediate Word, Wednesdays, 9 to 11 a.m.
 Advanced Word, Wednesdays, 11 a.m. to 1 p.m.
 Internet, Wednesdays, 1:30 to 3:30 p.m.
 Fee: \$25/month. Classes start at the beginning of each month.
 Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Microsoft Word, Tuesdays and Thursdays, 9:30 to 10:30 a.m.
 Introduction to Windows, Tuesdays and Thursdays, 11 a.m. to noon.
 Introduction to Computers, Wednesdays, 1 to 3 p.m.
 Fee: \$6 for three-week session, payable in advance. Classes begin at the start of each month.
 Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Low-Impact Aerobics (ages 50+)

Tuesdays and Thursdays, 9 a.m.
 Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

In Balance Training with Doris (ages 50+)

Tuesdays, 11 a.m. to noon
 Fee:\$3 per class. A mixture of yoga, pilates, Feldenkries, resistance bands, weights and chi ball.
 Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Stability Ball Training with Doris (ages 50+)

Tuesdays, Wednesdays and Thursdays, 9 a.m.
 Fee: \$2 per class. A mix of aerobics, yoga, pilates, meditation, light weights and more.
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Fitness After 50 Aerobics with Mary Lou (ages 50+)

Mondays and Fridays, 9 a.m.
 Fee: \$2 per class
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

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Heart-Rite Cardio Exercise (ages 50+)

Mondays, 8:30 to 9:30 a.m.

Fee: \$3 per class. Aerobic exercise to improve cardiovascular fitness.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat Pilates Class (ages 50+)

Thursdays, 11 a.m. to noon

Fee: \$18 for six-week class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Tai Chi (ages 50+)

Tuesdays and Thursdays, 9 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Wednesdays at 2 p.m.

Fee: \$3 per class. Pre-registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Fridays, 11 a.m. to noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Personal Training Fitness Assessments (ages 50+)

Mondays and Tuesdays, by appointment. Call 229-1600 for appointment.

Fee: \$10.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Jennifer Rose Campbell, B.S., will assess your fitness level, blood pressure, resting heart rate and cardiovascular health, help you set fitness goals and give a resistance training session at the Mirabelli Community Center next door.

Circuit Training Exercise Class (ages 50+)

Wednesdays, 9 to 10:30 a.m., except last Wednesday of each month.

Fee: \$3 per class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Learn the proper use of exercise machines, using a circuit-training format for increased heart rate and weight loss. Instructor Jennifer Rose Campbell, B.S.

Fitness Room (ages 50+)

Monday through Friday, 8:30 a.m. to 5 p.m., Saturdays, 9 a.m. to 5 p.m.

Free with center membership

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Equipment includes gazelle, treadmills, bicycles and Universal weight machines.

Free Senior Weight Lifting and Strength Training (ages 50+)

Tuesdays and Thursdays, 10 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Strength Training Class (ages 50+)

Mondays, Wednesdays and Fridays, 9 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Strength and Flexibility Training (ages 50+)

Tuesdays, 8:30 to 9:30 a.m. and Thursdays, 1 to 2 p.m.

Fee: \$1 per class. Increase flexibility for greater range of motion and strength using hand weights.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat and Stand up Exercise (ages 50+)

Mondays, Wednesdays and Fridays at 9 a.m.

Fee: \$1 per class. Use light weights to build strength and endurance.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Hot to Trot Walking Club (ages 50+)

Monday through Friday, 6 to 7:30 a.m. Walking track is inside climate-controlled gymnasium.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Walk To Be Fit Group (ages 50+)

Wednesdays, 8 to 9 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Walk in beautiful Lorenzi Park with new friends to improve your fitness.

Free Walking Group (ages 50+)

Tuesdays and Thursdays at 8 a.m. in the center's air-conditioned ballroom.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Walk & Talk Walking Club (ages 50+)

Monday through Friday at 8 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Chair Fitness Class (ages 50+)

Tuesdays and Thursdays, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Chair Exercise with Kelly (ages 50+)

Mondays, Wednesdays and Fridays at 10 a.m.

Fee: \$1 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Yoga (ages 50+)

Mondays, Wednesdays, Fridays at 9 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Hatha Yoga with Deborah (ages 50+)

Mondays, noon to 1:30 p.m.

Fee: \$5 per class

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Humanities Discussion Group (ages 50+)

Thursdays at 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a wide variety of speakers and topics.

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Free Doolittle Senior Book Club (ages 50+)

4th Thursday each Month, 2 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy reading and lively discussions about a different book each month.

Language Classes (ages 50+)

French Tuesdays at 3 p.m.; Japanese Tuesdays at 4 p.m.; Beginning Spanish Fridays at 8:45 a.m.

Intermediate Spanish Fridays at 10 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Creative Writing for Pleasure (ages 50+)

Wednesdays, 1 to 3:30 p.m.

Fee: \$4 per class or 3 classes for \$10. Instructor Terrisa Meeks.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Writing for Pleasure (ages 50+)

Fridays, 10 a.m. to noon

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Beginning Spanish (ages 50+)

Tuesdays, 10 to 11:30 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Cooking Workshops (ages 50+)

2nd Thursday of each month, 4:30 to 5:30 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Learn to cook low-fat, healthy recipes. Register in advance.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Breakfast Nook (ages 50+)

2nd Wednesday of the Month, 8:30 to 10 a.m.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Hamburger Tuesday (ages 50+)

Tuesdays, 11 a.m. to 1 p.m.

Fee: \$2

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a quarter-pound sirloin burger, grilled onions, chips and drink.

Healthy Lunch (ages 50+)

Monday through Friday, 11:30 a.m. to noon

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Nutritious Lunch Program (ages 50+)

Monday through Friday at 11:30 a.m.

Fee: \$2. No reservation needed.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

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Free Monthly Birthday Party (ages 50+)

4th Thursday of each Month, 11:45 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Birthday Club (ages 50+)

Last Friday each month at 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Celebrate each month's birthdays with a slice of cake and entertainment by the Fun Time Singers.

Free Healthy Living Class (ages 50+)

2nd Thursday each month, 10 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Learn about weight loss, healthy living and tips for diabetics.

Pancake Breakfast

Thursday, June 1, 9 a.m.

Fee: \$2

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free Blood Pressure Check

Thursday, June 1, 9:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Health Is Wealth Lecture #12 (ages 50+)

Thursday, June 1, 1 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Retired pharmacist and nutritionist Fred Greenberg will discuss foods, vitamins, minerals essential for good health, ways to improve vitality and live healthier.

Northwest Explorers Hike at Cold Creek (ages 50+)

Friday, June 2, 9 a.m. to 3 p.m.; check-in at 8:30 a.m. Registration begins May 8.

Fee: \$1. Pre-registration required. Bring lunch, water, sunscreen, appropriate footwear and clothing.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Friday, June 2, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Trail Dusters Hike in Red Rock (ages 50+)

Friday, June 2, 9 a.m. to 2:30 p.m. Advance registration required.

Fee: \$1. Bring lunch, water, sunscreen, hat and camera.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Artists' Reception for Then & Now – Gerri Braun & Jill Coats

Saturday, June 3, 1 to 3 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Then & Now – Gerri Braun & Jill Coats Exhibit at Twin Lakes Gallery

Monday through Friday, June 3 to 30, 9 a.m. to 3 p.m.

Fee: Free

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

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Seniors in Motion Mt. Charleston Walkers' Hike (ages 50+)

Tuesday, June 6, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water.

Laughlin Trip

Wednesday, June 7, 7 a.m. to 5 p.m.

Fee: \$1

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Kamehameha Day Celebration

Wednesday, June 7, 11:30 a.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Park Ambassadors Meeting (ages 50+)

Thursday, June 8, 9 a.m. special session to package Easter baskets for UMC oncology program.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Volunteers are needed to greet visitors, distribute information and report maintenance needs. Call 229-4924 for information.

Judge Natalie Tyrrell Discusses How to Navigate the Court System

Thursday, June 8, 1 p.m. (free)

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Friday, June 9, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Seafood Gumbo Lunch

Friday, June 9, 11:30 a.m.

Fee: \$6

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Amputee Coalition of Nevada Seminar (ages 50+)

Friday, June 9, 1 to 3 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

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AARP 55 Alive/Mature Driving Program (ages 50+)

Fee: \$10; Pre-registration required. Must attend both sessions. Call 257-9555 to register. Nevada law allows for a discount on auto insurance premiums when course is successfully completed.

Monday, June 12, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Monday and Tuesday, June 19-20, 9 a.m. to 1 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Monday and Tuesday, June 19-20, 5 to 9 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454

Wednesday and Thursday, June 21-22, noon to 4 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Wednesdays, June 21 & 28, 1 to 5 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454

Pancake Breakfast

Tuesday, June 13, 9:30 to 11:30 a.m.

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bunco

Wednesday, June 14, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Seniors in Motion Mt. Charleston Short Hike (ages 50+)

Thursday, June 15, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water.

Father's Day Luncheon

Thursday, June 15, 11:30 a.m.

Fee: \$3

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Friday, June 16, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Personal Communication Seminar, Luncheon & Instant Dating Event

Wednesday, June 21, 10 a.m. to 3:30 p.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Bunco Club

Wednesday, June 21, 1 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

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Free Monthly Birthday Party

Thursday, June 22, 11:45 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy cake and ice cream as we celebrate June birthdays together.

Fish Fry

Friday, June 23, 11:30 a.m. (National Catfish Day)

Fee: \$6

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

“The Adventures of Tom Sawyer” Super Summer Theater

Friday, June 23, 5 to 10:30 p.m.

Fee: \$10

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Bring a picnic dinner for an evening of theatre under the stars at Spring Mountain Ranch.

Free Downtown Redevelopment Lecture

Wednesday, June 28, 12:30 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

French Toast Breakfast

Thursday, June 29, 9:30 to 11:30 a.m.

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bunco

Thursday, June 29, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

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